



Bureau of Nutrition and Health Services Monthly Webinar Series

## Smart Snacks & School Wellness Policies

Iowa Department of Education - Bureau of Nutrition and Health Services


Patti Delger, & Carrie Scheidel

## Welcome!!

- To a resource for new and not so new school nutrition managers
- To a monthly live link to the Bureau of Nutrition and Health Services
- To a forum for you to ask questions and get answers



## Housekeeping

- Handouts posted:
  - <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/nutrition-training-events>
- All participants are muted. 
- To ask a question, click on Questions & Answers

## Monthly Memo Review

- Sent to designated Authorized Representative and Food Service Director in IowaCNP
- Contact [patti.harding@iowa.gov](mailto:patti.harding@iowa.gov) to receive these
- History for last 5 years on DE Website  
[Monthly Memos and Updates-Schools](#)

## Current Memos

- Diet Modification Request Form in Spanish
- Procurement Training Webinar 4 - will be posted on Procurement web page soon
- Additional Yield for School Meals-USDA updated yield information and added new products to Food Buying Guide
- Equipment Grant Opportunity-Application postmarked by May 25
- Patti Harding [patti.harding@iowa.gov](mailto:patti.harding@iowa.gov)



## Questions about Monthly Memos?

## Agenda

- Memo Update
- Smart Snacks
- School Wellness Policy
- May Webinar



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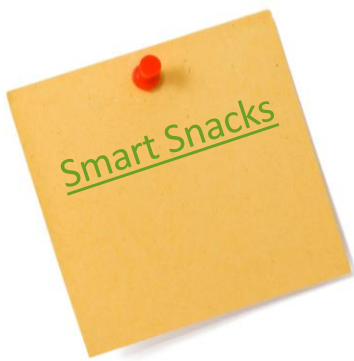
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## FUNDRAISERS

### School Day Only

(midnight to 30 minutes after the end of the school day)

**All foods and beverages sold must meet the standards**




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## GENERAL STANDARDS FOR COMPETITIVE FOODS

**Whole Grain**

**Non-Grain Food Group**

**Combination Food**

**10% DV of certain nutrients**  
(until July 1, 2016)



**MEETS ALL NUTRIENT STANDARDS**

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## ALL GRADES



**WATER**

(with or without carbonation)

**NON FAT MILK**

(plain or flavored)

**LOW FAT MILK**

(plain only)

**100% FRUIT OR VEGETABLE JUICE**

(no added sweeteners)

**100% FRUIT OR VEGETABLE JUICE DILUTED W/WATER**

(with or without carbonation)

**SERVING SIZE LIMITS:  
8 oz. ES  
12 oz. MS/HS**

(milk, juice)

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## HIGH SCHOOL ONLY



**DIET  
BEVERAGES  
(20 oz.)**

▼

( $\leq 5$  kcal/8 oz. OR  
 $\leq 10$  kcal/20 oz.)

**LOW-  
CALORIE  
BEVERAGES  
(12 oz.)**

▼

( $\leq 40$  kcal/8 oz. OR  
 $\leq 60$  kcal/12 oz.)

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## Calculator

- Make sure items incorrectly into calculator
- The results are only as good as the information put in


**CHECK OUT THE BLUE INFORMATION BUBBLES IN THE CALCULATOR!** They provide technical assistance for use. If unable to view them, try updating your Internet browser or trying a different browser. Please refer to [USDA's Data document](#) for additional guidance on specific products.

**NOTE:** Please enter information for products as SOLD (amount actually portioned and how it is eaten, such as a beef patty on a bun with all accompaniments as opposed to just the beef patty).

My Product is a ...

☐ a) Snack  
☐ b) Side  
☒ c) Entree  
☐ d) Beverage

### IS YOUR SNACK A SMART SNACK?

 [Product Calculator](#)  
See which snacks & beverages meet Smart Snack guidelines.

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## Entrée or Snack/Side?

Entrée

Is your entrée ...

☐ a) A combination food of meat/meat alternate and whole grain rich food  
☐ b) A combination food of meat/meat alternate and vegetable/fruit  
☐ c) A meat/meat alternate alone  
☐ d) None of the above

\*Any entrée item offered as part of the lunch or breakfast program is exempt from all competitive foods standards. It is sold as a competitive food on the day of service or the day after service in the lunch or breakfast program.

Snack

Is the first ingredient\* of your product ...

☐ a) Fruit  
☐ b) Vegetable  
☐ c) Dairy  
☐ d) Protein food  
☐ e) Whole grain  
☐ f) None of the above

\*Refer to the label's ingredient statement. If the first ingredient is water, the second ingredient is the first option above.

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Is the first ingredient\* of your product a ...

- ☐ a) Fruit 
- ☐ b) Vegetable 
- ☐ c) Dairy 
- ☐ d) Protein food 
- ☐ e) Whole Grain 
- ☐ f) None of the above

## Common Issues

### • A la Carte Items

- Served as an entrée in a reimbursable meal on that day or the day after, in same portion size
  - Pizza every day, large PBJ, and breaded meat sandwich
- Side items sold outside of a reimbursable meal must meet Smart Snacks

### • Beverages

- Buildings that are Middle/Jr. High – High School must meet middle school standards
- Unless access to beverages can be restricted
- Sports drinks are not allowed at middle school
  - 12 oz. water, 100% juice and milk are allowed



## Common Issues

- No documentation on file using calculator
- Trusting vendor that product meets
- Fundraisers that sell food to students during the day that do not meet Smart Snacks regulations
- Coffee bars beverages



## What Should I Do About Fundraisers?

- Reviewed during school nutrition review
- Make sure other groups are informed
- Resources:
  - Recipes that meet Smart Snacks
  - Calculator
  - Short Smart Snacks Presentation
  - Handouts
  - Avenue to order products

## Upcoming Changes

- Still in "Interim Final Rule" status
- Sodium Changing from 230mg to 200mg (July 2016)
- 10% daily value qualifier expires (July 2016)
  - Calcium, potassium, vitamin D and dietary fiber
  - Fruit roll-ups (fiber)
  - Cheetos (calcium)

July 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



## Healthy, Hunger-Free Kids Act

- Nutrition promotion, nutrition education, physical activity, & other school activities
- Include nutrition guidelines for all foods
- Variety of stakeholders
- Inform and update the public
- Measure compliance
- Designate a school official




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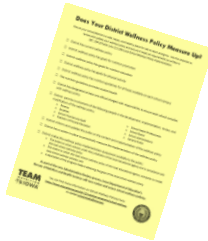
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## Does Your Policy Measure Up?

- ☐ Goals for nutrition promotion
- ☐ Goals for nutrition education
- ☐ Goals for physical activity
- ☐ Nutrition guidelines
- ☐ Designated at least one official
- ☐ Informs and updates the public
- ☐ Periodically measures the implementation




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## Building Assessment Tool

Monitoring allows schools to determine if their building is meeting the expectations of the wellness policy.

Tools may be completed monthly, quarterly, annually, etc.



School Wellness Policy Building Assessment Tool			
This tool should be completed at the school building level to document the school's progress in meeting the expectations of the district's wellness policy. Schools should document the steps that have or will be taken. The items that are completed at the district level should be pre-filled to inform all school staff of the implementation status of all goals.			
Wellness Policy Language	Fully in Place	Partially in Place	Not in Place
<b>Nutrition, Education and Promotion Goals</b>			
1.			
2.			
3.			
4.			
<b>Physical Education and Physical Activity Goals</b>			
1.			
2.			
3.			
4.			

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## Sample Building Assessment

Wellness Policy Language (add more lines for goals as needed and change goal titles based on local policy language)	Fully in Place	Partially in Place	Not in Place	List steps that have been taken to implement goal and list challenges and/or barriers to implementation.	List next steps that will be taken to fully implement and/or expand on goal.
<b>Nutrition Education and Promotion Goals</b>					
1. The school district will provide nutrition education and engage nutrition promotion that connects with the school meal program.		X		Food Service Director presented at 8/10/2014 K-3 teacher meeting and shared classroom lessons and activities connected to school meals.	4-5 grade teacher meeting is to be scheduled. In the future classroom visits to the kitchen will be available to teachers.
2.					
3.					
4.					
<b>Physical Education and Physical Activity Goals</b>					
1. Elementary schools will provide recess for students that is at least 20 minutes a day: is outdoors (weather permitting); and encourages moderate to vigorous physical activity through the amount of space and equipment.				Current Recess Minutes: K-3: 15 minute 1-3: 2, 15 minute 4-5: 1, 20 minute	Seek funds to purchase additional equipment and devise a plan for movement-based indoor recess.
2.					
3.					
<b>Nutrition Guidelines for All Foods Available to Students</b>					
1. Schools will share information about the nutritional content of meals with parents and students.				Nutritional content of school meals is posted on the district website by the food service director.	Look into a menu app that provides nutrition content information to smart phones.

## Reporting to the Public

- The extent to which schools are in compliance and the district policy
- The progress made in attaining the goals of the local wellness policy



*Electronic posting and distribution is allowable*

**IMPORTANT!**

## State Agency Review Process

- 3 year review cycle
- Districts should keep the following on file:
  - ✓ A copy of the current policy
  - ✓ Documentation demonstrating the policy and assessments have been made available to the public
  - ✓ Documentation of the district's efforts to review and update the Local School Wellness Policy
    - Including who is involved
    - Made stakeholders aware of their ability to participate
  - ✓ A copy of the district's most recent assessment






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## DE Webpage

- How to involve students
  - Taste testing
  - Cafeteria Coaching
- Non-Food Fundraising and Rewards
- Healthy and Active Classroom Party Ideas
- Nutrition Education Resources
- Water Access
- Health and Academic Connection Resources
- Worksite Wellness




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## HealthierUS School Challenge: Smarter Lunchroom

- Awards to schools that choose to take steps to encourage kids to make healthy choices and be more physically active.
  - Includes *Smarter Lunchroom* techniques!
  - <http://www.fns.usda.gov/hussc/healthierus-school-challenge-smarter-lunchrooms>
- Registered Dietitian Coach Assistance Available




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## Team Nutrition



### Discover MyPlate: Kindergarten

Kindergarten teachers can meet education standards for Math, Science, English Language Arts, and Health using the 6 ready-to-go and interactive lessons.

### Great Garden Detective Adventure 3<sup>rd</sup> & 4<sup>th</sup>

Eleven-lesson curriculum includes bulletin board materials, veggie dice, fruit and vegetable flash cards, and ten issues of Garden Detective News.



### Dig In! - 5<sup>th</sup> and 6<sup>th</sup>

Ten inquiry-based lessons that engage students in growing, harvesting, tasting, and learning about fruits and vegetables.



<http://teamnutrition.usda.gov/>

Order Form:

<http://tn.ntis.gov/>

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## Popular Events Idea Booklet

- Ideas for 20 themed events
- Highlights events at schools
- Handouts, templates, and other resources to support events
- Connections for school, home, cafeteria, classroom, community, and media

Order Form:

<http://tn.ntis.gov/>



United States Department of Agriculture

## Team Nutrition Elementary School Posters



Order Form:

<http://tn.ntis.gov/>



## School Wellness Coaches

- Fall 2016
- RDN Wellness Coaches
- 30 school districts
- Wellness Policy & Smart Snacks
- 3 visits per district during
- Patti Delger [patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)




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## Smarter Lunchrooms



- No to low-cost strategies proven effective at creating an environment that encourages kids to make healthy choices
  - Promotion of fruit and vegetables
  - Make white milk the easy choice
  - Grab n' go reimbursable meals
  - Environment
  - Positive communication between staff and students




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## Smarter Lunchroom Opportunity

- Fall 2016
- University of Iowa
  - Positive communication between students and staff
  - Build relationships while prompting healthy options
  - Utilize suggestive selling to build a reimbursable meal
  - 6 middle school with 3 site visits
  - [Patti.delger@iowa.gov](mailto:Patti.delger@iowa.gov)




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## E-Newsletter

Interested? Contact [schoolmeals@iowa.gov](mailto:schoolmeals@iowa.gov)



## SCHOOL LUNCH HERO DAY™

May 6, 2016



- Create a thank you banner that students can sign
- Create a hall of fame of nutrition staff
  - Most likely to greet you with a smile
  - Best chef
  - Best dishwasher in the world
- Decorate the cafeteria with streamers and pictures of staff
- Nutrition staff wear super hero costumes



## Decorah



## Team Nutrition Survey

- Team Nutrition Grant 2016
- Need your feedback!
  - Training and technical assistance for school nutrition professionals
  - Nutrition education
    - Classroom and beyond
  - Support for healthy environments




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## Questions?

Carrie Scheidel  
[carrie.Scheidel@iowa.gov](mailto:carrie.Scheidel@iowa.gov)

Patti Delger  
[patti.delger@iowa.gov](mailto:patti.delger@iowa.gov)




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What's  
new in  
School  
Nutrition  
Webinar

May 23

- Monthly Memo Update
  - Reporting Nonprogram Food Cost: How and Why?




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